

12 WEEK MASS AND POWER TRAINING WORKOUT PROGRAM

How To Cycle Your Workouts For Non-Stop Muscle Growth!



By Lee Hayward

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Lee Hayward's Total Fitness Bodybuilding
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About the Author



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Lee Hayward is a competitive bodybuilder, muscle building coach, and one of the most sought out fitness professionals online.

For over 10 years he has committed his life to helping aspiring bodybuilders and fitness enthusiasts build lean muscle, burn off stubborn body fat, and develop a lean, athletic muscular physique that they can be proud of.

Lee's Total Fitness Bodybuilding website has been online since January 1999 and has become one of the Internet's most popular bodybuilding and fitness websites, which averages over 100,000 visitors each month.

Whether your goal is to make a complete physique transformation, or just lose a few pounds of stubborn belly fat, Lee Hayward can help get the results you want!

For a limited time Lee is giving away a complete **10-Part Muscle Building Tips e-Course** in which he shares some killer training and nutrition tricks that will help you pack on solid muscle mass, strip away excess bodyfat, and transform your soft mushy body into a ripped powerful physique in record time!

This 10-Part Muscle Building e-Course has a real world \$47 value, but right now you can sign up and download it for FREE at:

www.LeeHayward.com.

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Introduction

I get a lot of email from people asking me all sorts of exercise-related questions such as:

- How many days per week should I work out?
- How many exercises should I do for each body part?
- How many sets and reps should I do?
- Should I lift heavy weights... low reps or light weights... high reps?
- How often should I train each body part?

And so on.

In this document I will cover these questions and lay out a 12-week workout program that you can follow to make some good progress. Hopefully, I will clear up some of the confusion about working out.

There is really no right or wrong way to work out. You could ask 10 different bodybuilders to explain their workout routine and most likely you would get 10 different answers.

“Everything works, but nothing works forever.” This is probably the most important thing to remember for making consistent progress with your workouts. You can follow most any type of workout routine, and you will make good progress for the first few weeks (provided that you are getting adequate nutrition, rest, etc.). But generally after a few weeks of following a set workout program, your progress will slow down and eventually you will no longer make progress with that routine.

Our bodies are very smart and naturally accommodate to stress. Your body will add as little muscle as necessary to get the job done. This is why construction workers get only big enough to handle the exact

amount of work they do during a day and no bigger, even though they are doing physical work all day long.

Adding muscle is a very unnatural thing to your body. You must constantly throw “curve balls” at your muscles to get them to grow. *Generally, you will make the best progress for the first 3 weeks of starting a new workout routine.* After 3 weeks, your body starts to adapt and your progress will slow down.

In the following workout routine I have placed 4 different 3-week workout cycles back to back to make a 12-week workout program.

This program requires you to work out 4 days per week. Ideally you would work out on Monday, Tuesday, Thursday, and Friday, and rest on Wednesdays and weekends. But if this doesn't fit your schedule, you can work out on other days of the week. Just make sure that you do not work out for more than 2 days in a row before taking a day off. By doing this you will give your body plenty of time for recuperation and muscle growth. **Muscles do not grow while you are working out; they grow while you are resting.** Working out will stress and damage the muscles slightly. Then your body reacts by building up the muscles in order to handle the extra work and stress.



The Workout Routine

The 12-week program is divided into four cycles. You will focus on different exercises during each 3-week cycle. This will allow you to make consistent progress over the long term.

You will not lose strength by changing exercises like this every few weeks. In fact, this will help you to make consistent strength gains. Even though you may be doing different exercises and working the muscles from different angles, you will still build up strength in these muscle groups.

If you stick with a particular exercise or workout routine for more than 6 weeks, your strength gains will stop and in many cases you will actually lose strength. For example, you may start a great workout routine and for the first few weeks make good progress; you are able to increase the weights that you are lifting and you feel really good about the routine. But then after several weeks you find that you are no longer making progress and eventually you are struggling to lift the weights that you previously lifted with no problems.

The key to avoiding this pitfall is to change your major muscle group exercises every few weeks. This way, you can still work the muscles hard and make consistent progress. And because you are working the muscles and joints at different angles, you can avoid injuries caused by doing repetitive movements.

Note: The exercises in the following chart are hyperlinked to their photos in “Exercise Photos” on page 12.

Weeks 1, 2, and 3

Do the following workout routine in weeks 1-3.

Keep records of the exercises, weights, sets, and reps that you do. Each workout, try to beat what you did for your previous workout. With the squat, deadlift, and incline barbell bench press, try to add 5 pounds to the bar each week and do the same number of sets and reps.

Day	Exercise	Work
Monday	Light cardio	■ 5 min. to warm up
	Full squats	■ Do a couple of warmup sets first ■ 5 sets of 5 reps (train heavy, but not to failure)
	Regular deadlifts	■ Do a couple of warmup sets first ■ 5 sets of 5 reps (train heavy, but not to failure)
	Standing calf raises	■ 5 sets of 10 reps
	Leg raises	■ 5 sets of 10 reps
	Incline sit-ups	■ 3 sets of 10-20 reps
Tuesday	Light cardio	■ 5 min. to warm up
	Incline barbell bench press	■ Do a couple of warmup sets first ■ 5 sets of 5 reps (train heavy, but not to failure)
	Seated dumbbell shoulder press	■ 5 sets of 8 reps
	Bicep cable curls (from the low pulley)	■ 5 sets of 10 reps
	Tricep push-downs (using straight bar attachment)	■ 5 sets of 10 reps
	Bent-over dumbbell lateral raises	■ 3 sets of 10-15 reps
Wednesday	REST	REST
Thursday	Light cardio	■ 5 min. to warm up
	Leg press	■ Do a couple of warmup sets first ■ 4 sets of 15 reps
	Leg curls	■ 4 sets of 15 reps
	Wide-grip lat pull-downs	■ 4 sets of 15 reps
	Hyper-extensions	■ 4 sets of 10 reps
	Pull-down ab crunches	■ 4 sets of 15 reps

Day	Exercise	Work
Friday	Light cardio	■ 5 min. to warm up
	Incline dumbbell bench press	■ Do a couple of warmup sets first ■ 4 sets of 10 reps
	Dumbbell side lateral raises	■ 4 sets of 10 reps
	Dumbbell curls	■ 4 sets of 12 reps
	Tricep push-downs (with rope attachment)	■ 4 sets of 12 reps
	Barbell upright rows	■ 3 sets of 15 reps

Weeks 4, 5, and 6

Do the following workout routine in weeks 4-6.

Keep records of the exercises, weights, sets, and reps that you do. Each workout, try to beat what you did for your previous workout. With the decline bench press and the bent-over barbell row, try to add 5 pounds to the bar each week and do the same number of sets and reps.

Day	Exercise	Work
Monday	Light cardio	■ 5 min. to warm up
	Bent-over barbell rows	■ Do a couple of warmup sets first ■ 5 sets of 8 reps
	Barbell shoulder shrugs	■ 5 sets of 10 reps
	Leg extensions	■ 5 sets of 10 reps
	Leg curls	■ 5 sets of 10 reps
	Seated calf raises	■ 5 sets of 10 reps
	Incline sit-ups	■ 3 sets of 10-20 reps
Tuesday	Light cardio	■ 5 min. to warm up
	Decline barbell bench press	■ Do a couple of warmup sets first ■ 5 sets of 5 reps (train heavy, but not to failure)
	Seated barbell shoulder press (military press)	■ 5 sets of 8 reps
	Barbell preacher curls	■ 5 sets of 10 reps
	Lying triceps extension (with the EZ bar)	■ 5 sets of 10 reps
	Cable upright rows (from the low pulley)	■ 3 sets of 15 reps
Wednesday	REST	REST
Thursday	Light cardio	■ 5 min. to warm up
	Hack squats	■ Do a couple of warmup sets first ■ 4 sets of 15 reps
	Stiff-legged deadlifts	■ 4 sets of 15 reps
	Seated cable rows	■ 4 sets of 15 reps
	Leg raises	■ 4 sets of 12 reps
	Crunches	■ 4 sets of 25+ reps

Day	Exercise	Work
Friday	Light cardio	■ 5 min. to warm up
	Flat dumbbell bench press (use dumbbells instead of a barbell)	■ Do a couple of warmup sets first ■ 4 sets of 10 reps
	Dumbbell front lateral raises	■ 4 sets of 10 reps
	Bicep barbell curls	■ 4 sets of 12 reps
	Tricep push-downs (with V-bar attachment)	■ 4 sets of 12 reps
	Close-grip lat pull-downs	■ 4 sets of 15 reps

Weeks 7, 8, and 9

Do the following workout routine in weeks 7-9.

Keep records of the exercises, weights, sets, and reps that you do. Each workout, try to beat what you did for your previous workout. With the squat, partial deadlift, and flat barbell bench press, try to add 5 pounds to the bar each week and do the same number of sets and reps.

Day	Exercise	Work
Monday	Light cardio	■ 5 min. to warm up
	Full squats	■ Do a couple of warmup sets first ■ 5 sets of 5 reps (train heavy, but not to failure)
	Partial power rack deadlifts	■ Do a couple of warmup sets first ■ 5 sets of 5 reps (train heavy, but not to failure)
	Chin-ups	■ 4 sets of as many reps as you can do
	Pull-down ab crunches	■ 5 sets of 10 reps
	Leg raises	■ 5 sets of 10 reps
Tuesday	Light cardio	■ 5 min. to warm up
	Flat barbell bench press	■ Do a couple of warmup sets first ■ 5 sets of 5 reps (train heavy, but not to failure)
	Bent-over dumbbell lateral raises	■ 4 sets of 10 reps
	Dumbbell side lateral raises	■ 4 sets of 10 reps
	Dumbbell front lateral raises	■ 4 sets of 10 reps
	Bicep cable curls (from the low pulley)	■ 5 sets of 10 reps
	Tricep push-downs (using straight bar attachment)	■ 5 sets of 10 reps
Wednesday	REST	REST

Day	Exercise	Work
Thursday	Light cardio	■ 5 min. to warm up
	Hack squats	■ Do a couple of warmup sets first ■ 5 sets of 10 reps
	Leg press	■ 4 sets of 15 reps
	Chest-supported rows (such as the T-bar row, hammer strength seated row, etc.)	■ 4 sets of 10 reps
	Hyper-extensions	■ 4 sets of 10 reps
	Pull-down ab crunches	■ 4 sets of 15 reps
Friday	Light cardio	■ 5 min. to warm up
	Dumbbell bench press on the stability ball	■ Do a couple of warmup sets first ■ 4 sets of 10 reps
	Dumbbell shoulder press on the stability ball	■ 4 sets of 10 reps
	EZ bar biceps curls	■ 4 sets of 12 reps
	One-arm overhead dumbbell extensions	■ 4 sets of 12 reps
	One-arm dumbbell rows	■ 3 sets of 15 reps

Weeks 10, 11, and 12

Do the following workout routine in weeks 10-12.

Keep records of the exercises, weights, sets, and reps that you do. Each workout, try to beat what you did for your previous workout. With the weighted dips and leg press, try to add 5 pounds to the bar each week and do the same number of sets and reps.

Day	Exercise	Work
Monday	Light cardio	■ 5 min. to warm up
	Leg press	■ Do a couple of warmup sets first ■ 5 sets of 5 reps (train heavy, but not to failure)
	Stiff-legged deadlifts	■ Do a couple of warmup sets first ■ 5 sets of 5 reps (train heavy, but not to failure)
	Wide-grip lat pull-downs	■ 4 sets of 10 reps
	Incline sit-ups	■ 5 sets of 15 reps
	Leg raises	■ 5 sets of 15 reps
Tuesday	Light cardio	■ 5 min. to warm up
	Dips (add extra weight if needed)	■ Do a couple of warmup sets first ■ 5 sets of 5 reps (train heavy, but not to failure)
	Chin-ups	■ 4 sets of as many reps as you can do
	Side lateral raises	■ 4 sets of 10 reps
	Seated barbell shoulder press (military press)	■ 4 sets of 10 reps
	Bicep dumbbell preacher curls	■ 5 sets of 10 reps
	Tricep push-downs	■ 5 sets of 10 reps
Wednesday	REST	REST
Thursday	Light cardio	■ 5 min. to warm up
	Full squats	■ 4 sets of 15 reps
	Leg curls	■ 4 sets of 15 reps
	Leg extensions	■ 4 sets of 15 reps
	Seated cable rows	■ 4 sets of 10 reps
	Standing calf raises	■ 4 sets of 10 reps
	Pull-down ab crunches	■ 4 sets of 15 reps

Day	Exercise	Work
Friday	Light cardio	■ 5 min. to warm up
	Push-ups with feet elevated on a stability ball	■ 4 sets of as many reps as you can do
	Seated dumbbell shoulder press	■ 4 sets of 10 reps
	<i>Superset these two exercises</i>	
	Standing one-arm dumbbell curls	■ 4 sets of 12 reps
	One-arm overhead dumbbell triceps extensions	■ 4 sets of 12 reps
	Close-grip lat pull-downs	■ 4 sets of 15 reps

When You Have Completed the Program

After you complete this 12-week workout program, you can go through the program again and strive to beat your personal best lifts from the first time through. Or you can move on to something totally different.

3

Exercise Photos

Here are pictures of all the exercises that you will be doing during the 12-week training program I have outlined for you. Most of them are pretty straightforward, but if you are unsure of any of the exercises, you can refer to these exercise pictures.

Leg Extension



Leg Curl



Full Squat



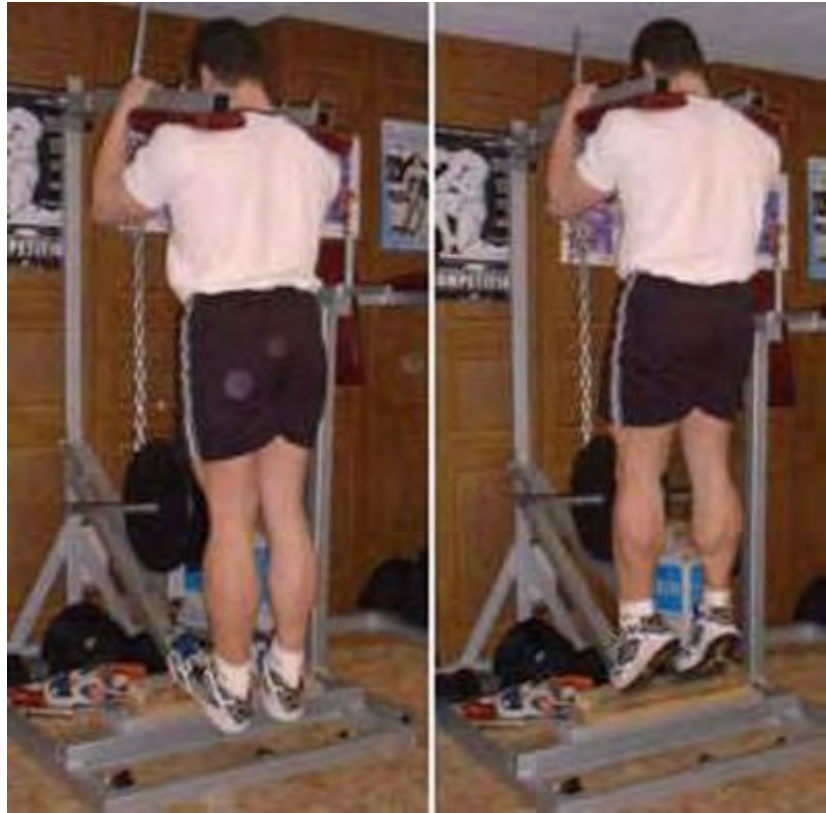
Leg Press



Hack Squat



Standing Calf Raise



Seated Calf Raise



Incline Sit-up



Leg Raise



Pull-down Ab Crunch



Crunch



Flat Barbell Bench Press



Incline Barbell Bench Press



Decline Barbell Bench Press



Incline Dumbbell Bench Press



Dip



Push-up with Feet Elevated on the Stability Ball



Dumbbell Bench Press on the Stability Ball



Barbell Shoulder Press (Military Press)



Dumbbell Shoulder Press



Barbell Shrug



Bent-over Dumbbell Lateral Raise



Bicep Barbell Curls



Dumbbell Side Lateral Raise



Dumbbell Front Lateral Raise



Barbell Upright Row



Bent-over Barbell Row



Chest-supported Row



One-arm Dumbbell Row



Lat Pull-down



Regular Deadlift



Partial Power Rack Deadlift



Stiff-legged Deadlift



Hyper-extension



Seated Cable Rows



Cable Upright Row



EZ Barbell Curl



Dumbbell Curl



Bicep Cable Curl



Dumbbell Preacher Curl



Barbell Preacher Curl



One-arm Overhead Dumbbell Triceps Extension



Tricep Push-down



Lying Tricep Extension

